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Residents of JP Nagar request BBMP to restore park area concretised and converted into skating rink

THE RINK

‘Skating classes held between 5 pm and 7 pm’

| Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

It is the Bruhat Bengaluru Mahanagara Palike’s task to preserve and protect parks in the city for the benefit of residents.

However, of late, the BBMP authorities, especially the horticulture department, have become oblivious to the concretisation of parks in residential areas.

For instance, the residents in the vicinity of the park in Dollars Colony, JP Nagar, and JP Nagar Residents’ Welfare Association, have been meeting the authorities concerned requesting them to restore the park area that was concretised and converted into a skating rink, but in vain.

When informed, BBMP horticulture superintendent Channe Gowda said he has received a complaint from JP Nagar Residents’ Welfare Association about the concretisation of a portion of the park now being used as a skating rink.

“It seems one of the BBMP departments concretised the park and allowed private people to use it as a skating rink. I have contacted the ward engineer and projects department to know whether they concretised the park but they said that they know nothing about it. I will find out who has concretised the park,” said Gowda.

When asked whether concretisation of parks is allowed, Gowda said concretisation of more than five percent of the total area of the park is against the norms.

A major portion of park is concretised and being used as a rink at Dollars Colony of JP Nagar

> “Skating classes are meant to be conducted at playgrounds and stadiums, not parks
>
> — Vijay Nishanth, civic activist

According to the complaint copy available with Bangalore Mirror, the skating classes are being conducted by Indudhar and his wife Asha by allegedly collecting Rs 1,500 per student a month.

CONTINUED ON PAGE 8 »

A matter of deaths

High death rate in govt hospitals attributed to patients brought in at most critical stages

| Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

The rising mortality rates in several government hospitals in the city have raised concerns about the quality of treatment provided at these facilities.

However, hospital administration presented a different perspective. According to doctors, the high death rate is due to patients being brought in at the most critical stage of their illness.

Victoria Hospital, situated near KR Market, is one of Karnataka’s oldest and largest hospitals, witnessing a patient’s demise every 90 minutes. On average, approximately 28,500 patients receive treatment monthly at this hospital. Shockingly, between January and November 2023, a staggering 5,521 individuals lost their lives. When considering monthly averages, this amounts to 502 deaths, with a daily average reaching a startling 16 deaths.

Among the other prominent government hospitals in the city, Bowring and Lady Curzon Hospital recorded 965 deaths, while the Indira Gandhi Institute of Child Health saw 380 deaths, equating to around two deaths daily in Bowring and one child’s death daily in Indira Gandhi Hospital.

An official said: “Victoria Hospital is well-equipped among government hospitals. During the initial wave of covid, it played a crucial role with dedicated covid wards, catering not only to Bengaluru residents but also patients from other parts of

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Earthy entertainment

Malabaricus is renowned for its music with an 'earthy' nature, often centred around environmental themes. Secure your tickets for an unforgettable event filled with entertainment and thrills. Don't miss this incredible experience at Live Project Malabaricus! **When- February 3 Where- Nexus Shantiniketan Mall**

02 Lego land

Explore creativity and building adventures at LEGO Time. Book now for a fun-filled day for kids and families. Don't miss out! **When- January 29; Where- AZPIRE.in Mind Gym, CV Raman Nagar**

03 Groove gala

Indulge in the musical magic of Malhar Mela 2024 featuring Indian Ocean & Gauley Bhai. Experience an unforgettable night of melodies and rhythms. **When- February 3 Where- Confluence Club**

Flower show wrap

Crowd on the last day of the Republic Day flower show at Lalbagh Glass House on Sunday. The flower show, organised by the Karnataka Horticulture Department, is designed on the theme of 'Vishwaguru Basavanna and Vachana Sahitya.'

UGC: Handloom hues for university celebrations!

Despite encouragement, some institutions resist change in ceremonial attire, while UGC stresses on cultural pride and local industry support

Sridhar Vivan
sridhar.vivan
@timesgroup.com
TWEETS @sridharvMirror

The University Grants Commission (UGC) has once again urged state universities to adopt ceremonial robes crafted from handloom fabrics for special events such as convocations, according to officials. Although a few universities in Karnataka have already embraced this practice, others are yet to follow suit. Emphasising the comfort and pride associated with apparel made from handloom fabrics, the UGC encourages universities to consider this shift, especially considering India's climate.

Despite previous suggestions, some universities have retained their traditional ceremonial dress codes during convocations. In a letter, UGC Secretary Manish R Joshi said, "It is once again requested that universities consider switching to handloom fabrics as ceremonial dress. The use of handloom fabrics would not only instil a sense of pride in being Indian but also promote the handloom industry in the country, providing employment opportunities in rural areas."

Governor Thaawarchand Gehlot, who is also the chancellor of universities, had earlier urged universities to offer 'khadi' dresses to students during convocations and special occasions. Following a conference of Vice Chancellors of State Universities at the Karnataka State Higher Education Council on Monday, Gehlot proposed that VCs adopt Khadi or handloom fabric for convocations and other special events to promote the use of Khadi. The debate over changing convocation attire has been ongoing for quite some time. In 2019, Visvesvaraya Technological University (VTU) decided to bid farewell to caps and gowns for its convocation. The tech varsity amended the circular, instructing students to wear only "handloom dresses." Girls were required to wear a white saree/salwar kameez, while boys were instructed to wear khadi white pants and a shirt.

In 2006, the then Higher Education Minister DH Shankaramurthy had urged all universities to abandon gowns and caps. While the move wasn't universally implemented, it sparked numerous recommendations. Previously, Karnataka State Law University had urged colleges to 'decolonize' the gown culture. Instead, students were instructed to wear only Khadi dresses and sarees, with a 'shalya' replacing gowns. The shalya was to have a tri-colour border, highlighting Indian culture. The law varsity also suggested that dignitaries wear Khadi dresses, and Mysore petas were proposed as alternatives to black caps.

In 2019, the UGC sent a letter to all universities stressing the use of ceremonial robes made from handloom fabrics. This not only instils a sense of pride but also provides greater comfort during hot and humid weather. The push towards incorporating indigenous fabrics into academic ceremonies reflects a broader movement to celebrate and showcase India's rich cultural heritage. A UGC official said, "Many universities have already heeded the UGC's advice and transitioned to handloom fabrics for ceremonial attire during their annual convocations. The UGC now calls upon all universities to share the actions taken in this regard, accompanied by photographs and videos. The commission had previously communicated this recommendation to universities in 2015 and 2019."

The debate over changing convocation attire has been ongoing for quite some time. In 2019, VTU decided to bid farewell to caps and gowns for its convocation

How physiotherapy can help with postpartum incontinence

Many women suffer through it in silence without seeking professional help, but help is at hand

Childbirth brings various changes to a woman's body. There are several conditions that can occur after childbirth and take considerable time to resolve. Incontinence or the frequent feeling to urinate is one among those conditions. Urinary incontinence occurs when there is an involuntary leak of urine, often when laughing, sneezing, or doing something strenuous. The condition that occurs post-delivery of a baby is termed postpartum (after child birth) incontinence. Though incontinence is not an uncommon condition, it causes a lot of embarrassment. Many women suffer through it in silence without seeking professional help.

"The pregnancy period or labour process, be it normal or complicated, doesn't make much of a difference to the postpartum incontinence. One is more likely to experience such leakage when they deliver vaginally," says Dr Sagar Pathare, Lead Rehabilitation, Mumbai, Nightingales Home Health Services who shares ways in which postpartum incontinence can be treated.

What Causes Postpartum Incontinence?

Pregnancy and labour process strains the muscles and other soft tissues of the pelvic region, including those responsible for bladder control. Specifically, the muscles around the urethra, which squeeze tighter as the bladder fills under normal conditions, becomes stretched and weak. Additionally, during pregnancy, hormones and chemical processes in the body causes ligaments to increase elasticity. Since the muscles are weaker and the ligaments are lax, it's easier for urine to leak. Generally, the problem is short lived and subsides within a year. 10-20% women may have issues that can persist for nearly five years.

Seek Advice From Your Gynaecologist

Seek help from your gynaecologist if you experience incontinence during pregnancy or after child birth. Regular, unintended urine leakage may suggest a medical complication that needs attention. The loss of bladder control should be treated sooner rather than later, or it can lead to a lifetime problem.

How Will A Physiotherapist Help?

The most common cause for postpartum incontinence is a weak pelvic floor. The pelvic floor muscles are essential for keeping the bladder and bowel from leaking. Supervised pelvic floor muscle training is very important for the initial three months after childbirth.

A physiotherapist will conduct a detailed evaluation of the pelvic floor muscle to test the muscle tone, tightness, strength and endurance; the rest of the core area will also be tested. An individualised treatment plan will be developed based on the assessment. On the basis of the findings, patients are advised on posture, breathing techniques, bladder training/ urge delay techniques and rest of the perineum support care.

Physiotherapist Recommended Exercises For Postpartum Incontinence

- Pelvic Floor Exercises: Kegel exercises can help in strengthening the pelvic floor muscles. These muscles are very small and need to be exercised after a detailed evaluation by a specialised physiotherapist.
- Low Intensity Abdominal Exercises: Abdominal muscles form a part of the core region that helps in stabilising the pelvic floor. A therapist will gradually increase the type and intensity beginning with basic tummy tucks to proper crunches in later stages.
- Balance Exercises: During pregnancy, there is major laxity of ligaments, which can cause minor balance issues and indirectly alter the core mechanism. Different types of exercises are incorporated to address this issue.

Exercises should be resumed soon after childbirth which has to be performed only in consultation with a physiotherapist after learning the correct posture and technique.

by Kayalvizhi Arivalan, Femina

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Tunnel road test run from Hebbal to Mehkri Circle

Replacing scrapped steel flyover, ₹50,000 crore tunnel plan takes centre stage in Siddaramaiah 2.0 government's vision for city

Sridhar Vivan
sridhar.vivan@timesgroup.com
TWEETS @sridharvMirror

Governor Thaawarchand Gehlot made headlines recently by unveiling a surprising development plan for the city—a two-kilometre-long tunnel. This ambitious project is set to be constructed between Hebbal and Mehkri Circle, covering a substantial road length of three to four kilometres. The decision to embark on this tunnel project comes after previous proposals, such as a steel flyover, faced vehement opposition from activists during the Siddaramaiah government's tenure. The Siddaramaiah 1.0 government initially proposed a steel flyover to address the severe traffic congestion along this route. However, due to staunch resistance from activists, the project was eventually scrapped. Deputy Chief Minister DK Shivakumar had previously expressed his reluctance to abandon the steel flyover project, indicating that, if he were the Chief Minister, he would not have succumbed to pressure. Now, under the Siddaramaiah 2.0 government, the decision has been made to replace the steel flyover plan with the construction of a tunnel.

The Bruhat Bengaluru Mahanagara Palike (BBMP) has taken a significant step in the execution of this project by issuing a short-term tender. A company has successfully secured the tender for Rs 4.70 crore to prepare a comprehensive detailed project report. This company is evaluating 12 high-density corridors spanning 193 kilometres, identifying specific junctions where underpasses or flyovers may be necessary.

"The decision to opt for a tunnel is rooted in practical considerations. Notably, there is a pressing need to expand the airport road, particularly between Chalukya Circle and Hebbal. Beyond Hebbal, the National Highways Authority of India (NHAI) has already constructed a six-lane highway, including an elevated highway. However, expanding the road between Chalukya Circle and Hebbal poses challenges such as land acquisition, tree-cutting, and potential protests by activists. To circumvent these issues, the decision has been made to pursue a tunnel, as tunnel construction does not require land acquisition," said an official.

BBMP has taken a significant step in the execution of this project by issuing a short-term tender

Despite its practical advantages, the tunnel project is a substantial financial commitment, with an estimated cost of Rs 500 crore per kilometre. For the envisioned four-lane road, the overall cost is expected to range between Rs 1,500 crore to Rs 2,000 crore. The state government has undertaken the responsibility for funding this project, with allocations earmarked in the budget for the fiscal year 2024-25. This tunnel project not only addresses the city's infrastructure needs but also exemplifies a creative and forward-thinking approach to urban development.

Chalukya Circle

"The company selected to prepare DPR is determining the most effective plan for decongesting these corridors, whether through tunnels, grade separators at key junctions, or road widening. The DPR will assess various issues, including toll plaza construction site, design and toll model, design and location for ramps, loops, interchange, bus bay, and shelter design and planning, environmental impact, shifting of utilities, and estimated cost," an official added.

The official further said that the BBMP has identified 12 high-density corridors in the city and in the initial phase, they are looking to incorporate 65 km of tunnel roads.

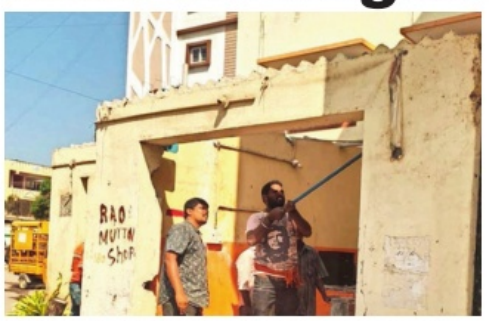
"The precise project cost will become clearer once the DPR is ready, but current estimates suggest it could be around Rs 50,000 crore. We plan to undertake the tunnel road project through a public-private partnership (PPP) model, specifically using the build-operate-toll (BOT) mode. This implies that all tunnel roads will be tolled. Should the contractor opt for the BOT-toll model, the state government may not need to invest significantly, as the private operator will assume the costs and recoup them through toll collection over a predetermined period. These tunnel roads are expected to feature a width of six lanes, facilitating the passage of heavy vehicles alongside regular traffic."

Panathur's S Cross Road widening finally shows promise

Iffath Fathima
Iffath.Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

The residents of Panathur have long been advocating for the widening of the renowned S Cross Road, which has been causing traffic congestion for many years. The numerous IT professionals residing in the area, along with school-going children, have been experiencing hours of traffic delays. Despite the persistent issue, there seems to be a ray of hope as progress has been initiated at the S Cross. Over the weekend, the demolition of buildings commenced, and compensations have been provided to property owners.

A few days ago, Manjula Aravind Limbavali, the Mahadevpura MLA, met with the landowners and successfully persuaded them to allow the commencement of demolition work concurrently with documentation processes and the release of compensation. Over 55 properties have been earmarked for demolition as part of the road-widening initiative. According to sources, compensation has already been provided to approximately 18 builders, while the remaining builders have either submitted their documents or are in the early stages of the documentation process, while some are facing challenges due to incorrect details in their documentation.


Demolition work initiated on S Cross Road

Clement Jayakumar from the Mahadevpura Task Force stated, "While the demolition work has been initiated, we are concurrently conducting utility works in coordination with Bengaluru Water Supply and Sewerage Board (BWSSB), Bangalore Electricity Supply Company Limited (BESCOM), and Gas Authority of India Limited (GAIL). We have commenced the work during the weekend, taking advantage of the extended weekend for many people, resulting in reduced traffic movement. The Bengaluru Traffic Police (BTP) is actively monitoring traffic flow and has granted permission to carry out the works only during non-peak hours to minimize the impact on traffic. During weekdays, the work will be carried out at night. Currently, there is no specific timeline, as we have to wait for the completion of documentation and compensation processes for all 55 properties."

With the ongoing road widening work initiated by the Bruhat Bengaluru Mahanagara Palike (BBMP), the HAL airport traffic police have advised that vehicle movement in the area would be slow. They recommend that residents consider taking alternative routes during this period.

A resident from the Namma Belagere organisation said, "In the last week major development has happened. Demolition of the building has started. It is a significant step as we have been waiting for years together for S Cross road widening. Many landowners still need to get compensation. According to the officials, we were told 18 landowners have been compensated, however, not all 18 have been taken up for demolition. Only a few have been started. We don't want this to stop in between. The authorities should ensure it continues."

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Divide and neglect

Kuvempunagar

BWSSB removed the road divider during the installation of water pipes. However, after completion, the restoration was neglected. This road poses a blind curved accident zone in front of Lakkappa Layout Park.

Vehicle vexation

Kaggadasapura

This vehicle has been parked for months next to CAIR, and the owner is unknown. Traffic police should tow away such vehicles to prevent the obstruction of the free flow of traffic.

Canteen awareness

Lingarajapuram

Indira Canteen 2, near the church, has no customers, wasting government money. BBMP should take steps to popularise Indira Canteens.

HC nod removes hurdles to waste collection, transportation plan

Melvin Mathew
c-melvin.mathew
@timesgroup.com
TWEETS @BangaloreMIRROR

The High Court's nod to Bengaluru Solid Waste Management Limited (BSWML) to float a tender for the collection and transportation of waste with approval, has given a shot in the arm to the project.

BSWML's legacy project of a unified contract for the collection and transportation of waste will see progress after the okay from the HC earlier this month. The provisions of the tender called in February 2023 hold, but the Bruhat Bengaluru Mahanagara Palike (BBMP) will be required to get the tender specification approved before the High Court before tendering it out.

The project by BSWML has been delayed due to legal issues surrounding the tender process. A few petitioners had filed a writ petition to quash the impugned request for proposal issued by BSWML for the collection and transportation of waste on January 21, 2023, and to declare the result of the technical bid carried out as of September 28, 2022. The petitioners had claimed that they were disqualified in the second tender but had qualified for the first tender in the technical stage. BBMP had cancelled the first tender due to many bidders

not qualifying in the technical bid.

The High Court allowed BSWML to proceed with the financial evaluation of the bidders who qualified as per the technical qualifications in the tender issued in 2023. However, BSWML will be required to get the court's approval before issuing the work order and the financial bids also will be submitted before the High Court. The state will also be required to explain to the High Court the reasons for the disqualifications of the few petitioners by the next hearing. The next hearing has been posted for February 3.

As per the tender floated by BSWML in January 2023, the project of collection and transportation of waste was split into 89 packages. An estimated 2-3 wards have been assigned under a package. Annually the project is estimated to cost BSWML around Rs 590 crore, which is roughly estimated to be Rs 20 lakh per month per ward. Even though nearly 300 bidders participated in the November 2022 tender, BSWML had to recall the tender due to low bidders for some packages and receiving single bids.

CA sites misused: Urgent action needed

Allegations of CA sites allocated for educational purposes being utilised for commercial ventures sparks disapproval

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

It has become a common practice for educational institutions, and religious, and social organisations to exploit civic amenity (CA) sites for commercial purposes. Additionally, officials from the Bangalore Development Authority (BDA) and Karnataka Housing Board (KHB) appear to be neglectful of such sites, showing apathy and casualness in verifying whether these CA sites are being utilised for their designated purposes.

The Karnataka Housing Board (KHB) allocated Civic Amenity (CA) sites to educational institutions in Yelahanka Satellite Town. However, some of these institutions are using the CA sites for commercial ventures, leasing out portions of the buildings for activities such as hotels, canteens, and cooperative banks offering locker facilities to the public.

Documents obtained by Bangalore Mirror reveal that Veerashaiva Sree Eswara Seva Samithi, a social and religious organisation, received CA site allotments to establish schools for economically disadvantaged families. The KHB leased two CA sites (22E and 23) to Veerashaiva Sree Eswara Seva Samiti for 30 years. Site 22E is designated for a school, while site number 23 is intended for a playground and recreational purposes. On April 10, 2008, the Housing Commissioner of Karnataka Housing Board allocated site no. 23 in accordance with resolutions from Board Meetings held on January 8 and March 6, 2008.

However, on November 29, 2021, Prabha Nataraj, the president of Veerashaiva Shree Eshwara Seva Samithi, entered into a lease agreement with M Sachin Kumar of VR Puram near Palace Guttahalli. The

A portion of the school building being used as Bengaluru Central Cafe

agreement involves leasing out a portion of the property measuring 1,800 square feet, which includes one toilet, service area, kitchen, and one staff room with a toilet, for a duration of 10 years. As per the agreement, the lessee is required to pay a sum of Rs 30,000 per month to the lessor on or before the 7th of every month. Bengaluru Central Café is being operated by the lessee on the leased portion of the property, with a separate juice shop adjacent to it.

A section of the property is being used to operate Jnana Jyothi Souharda Sahakari Niyamitha, a cooperative bank offering locker facilities to the public.

Expressing strong disapproval over the misuse of CA sites, HM Venkatesh of Naija Horatagarara Vedike stated, "I demand that the BDA and KHB authorities recover the CA sites allocated to various organisations if it is found that they are using or converting those sites for commercial or other purposes. I want the government to reclaim those sites regardless of pressure from politicians and community leaders."

A section of the property is being used to operate Jnana Jyothi Souharda Sahakari Niyamitha, a cooperative bank offering locker facilities to the public

Meanwhile, Rajasekharaiah, the former president of Shree Eshwara Seva Samithi, claimed that the Samithi obtained a modified lease order for site no. 23 to use it for school purposes.

When contacted, Savandaiah, president of Shree Eshwara Seva Samithi, stated that Bengaluru Central Café is intended as a canteen for teaching staff and students. When informed about the public using the café, Savandaiah explained that it happens when students are attending classes. He added, "The school needs Jnana Jyothi Souharda Sahakari Niyamitha to deposit school fees and salary for teaching staff."

It is worth noting that the Karnataka High Court dismissed a petition from Divya Jyothi Vidya Kendra in October 2023, directing the Karnataka Housing Board to recover the CA site allotted to it for failing to construct the school building within the stipulated time. The Bangalore Mirror published the story titled "Plea dismissed, put amenities site to use: High Court to NGO" on October 17, 2023, narrating how the NGO filed a writ petition in the High Court against the KHB and how it was dismissed by the High Court.

Will the authorities concerned investigate the matter and ensure that educational institutions use the CA sites for the purposes for which they were allotted? It is up to the authorities concerned.

Scooter rider killed after collision with lorry

A lorry crashed into a scooter on Bannerghatta Road near the Kumaraswamy Layout Traffic Police Station limits at 11.30 pm on Saturday, killing the scooter rider. The victim has been identified as 28-year-old Arun.

According to eyewitnesses, Arun was trying to take a left turn towards Anjanapur 80 Feet Road from the Nice Road Bridge, when the lorry approached from behind at a high speed. The driver of the lorry was allegedly driving recklessly, resulting in a collision with the scooter.

The impact of the collision caused Arun to fall on the right side of the road, sustaining fatal injuries. He succumbed to severe bleeding at the scene. Additionally, the left rear wheel passenger of the lorry suffered injuries as well.

Law enforcement swiftly responded to the incident, apprehending both the lorry and its driver. At present, investigations into the circumstances surrounding the collision are underway.

Bar clash leaves man dead, accused arrested

What began as a dispute among friends culminated in the murder of a man. The accused, identified as Chandrasekhar alias Pritam, Yashwant, Prashant, and Lankesh, stand charged with murder of the man named Darshan following a row at a local bar in Subramanyapura.

The sequence of events leading to this grim outcome is as follows: Darshan arrived at the bar accompanied by his friends Nitin and Ramesh. Among those present were the accused, including Pritam and his associates. A confrontation unfolded between Nitin and Pritam, escalating tensions to the point where Darshan and his group sought refuge at Ramesh's residence. However, Pritam and his cohort pursued them, leading to a confrontation where violence erupted.

In the heat of the moment, Pritam struck Nitin, prompting Darshan to intervene on his behalf. Pritam hit Darshan with a cement brick, leading to his death. A case was registered, leading to the arrest of the accused parties.

Trust deficit: City sees 34% surge in missing children

Experts stress on need to create safe spaces for children, be vigilant to their needs

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

The city recorded 421 cases of missing children in 2023 as compared to 314 cases in 2021

After the case of a missing 12-year-old from the city garnered much attention, experts in the field of child rights have advised parents and guardians to take several measures to ensure a safe space for children. They have emphasised that the issue requires attention, as the case of Parinav is not an isolated incident. The city recorded 421 cases of missing children in 2023, reflecting a 34 per cent increase compared to the data from 2021, which stands at 314.

Navyashri S, a Clinical Psychologist at Fortis Hospital, mentioned that the heartbreaking reality of children leaving their homes voluntarily is often caused by a severe lack of safety and trust. To prevent this, she emphasised the need to cultivate environments that nurture not only academic achievement but also a child's emotional well-being.

"This starts at home with open, non-judgmental communication, creating spaces for children to express their anxieties and dreams without fear of ridicule. Parents must be vigilant for signs of distress, whether it's withdrawal, changes in behaviour, or even seemingly trivial expressions of discontent," she explained.

She stressed the need for intervention from educational institutions as well.

"Schools, too, must be havens of understanding. School psychologists need to be appointed without fail in every school to keep a check for these signs, and also conduct sessions on stress management, emotional regulation, and so on. Home and school must create a stigma-free environment where taking up counselling and therapy must be appreciated, not just to work on distress but to improve one's skills in general," she said.

> **Every adult in a child's life should become a trusted confidante, one who listens without judgment and guides them towards resources**
> –Navyashri S, clinical psychologist

Teachers need to go beyond lesson plans, build genuine relationships with students, recognise their individual needs, and foster a sense of belonging within the classroom community.

Open-door policies for parents and children alike are crucial, as is promoting peer support and conflict resolution skills.

"Every adult in a child's life should become a trusted confidante, someone who listens without judgment and guides them towards resources if needed. By prioritising emotional security and open communication, we can create environments where children feel valued, understood, and empowered to seek help before resorting to desperate measures. A home and a school should be sanctuaries, not places a child feels compelled to escape. However, this can be done only when mental health awareness is brought in with the parents, teachers and adults in general who will be the guiding role models for children," she said.

'He is CM now, why are you worried about full-term?'

Karnataka Deputy Chief Minister DK Shivakumar on Saturday wondered why there had been worries over Chief Minister Siddaramaiah completing his full-term of five years in office.

Responding to a question while interacting with the media, Shivakumar said: "He is the Chief Minister, why are you worried about it now?"

According to political analysts, the response assumes importance as Shivakumar did "answer in a convincing" fashion, as Shivakumar's "camp" has claimed that Siddaramaiah will be the CM for a 2.5 year-term.

Asked if the Congress High Command changed the Boards and Corporations appointment list, Shivakumar said: "High Command has not changed any list. It has approved the list sent by us."

Shivakumar said the appointments to Boards and Corporations were done only after taking everyone's opinion.

He further said: "The Chief Minister, General Secretary and myself had thoroughly discussed the choices. Many leaders had even given letters recommending certain people for the positions, but we can't make the letters public."

about ex-CM Jagadish Shettar's statement that it is natural to switch parties, he said: "We have also been saying the same thing. Politics is not stagnant water. People come and go and it won't affect the party."

Replying to a claim by the BJP that the guarantee schemes will be stopped after the general elections, he said: "The Congress will not discontinue them but BJP will surely stop the guarantee schemes if they come to power in the Centre." **–IANS**

NOTES FROM THE FIELD

'Pedal' club

Rajajinagar MLA and former education minister S Suresh Kumar has initiated a novel club, bringing together individuals with a shared love for cycling. While Kumar has been exploring Bengaluru on his bicycle for quite some time, he led his cycling companions on an extensive journey last weekend. The team embarked on a two-day expedition, pedaling from Bengaluru to Puducherry, taking adequate breaks along the way. Kumar stresses that only those truly passionate about cycling are welcomed into his exclusive team.

'Lotus troubles'

The students of Arasikere in Hassan found themselves in hot water after delivering a dance performance at the recent Republic Day event. Their dance that resembled a lotus drew the ire of chief guest Congress MLA from Arsikere KM Shivalinge Gowda, who disapproved of what he perceived as the display of the BJP's symbol. He went so far as to threaten that a notice would be served to the teacher. However, teachers and parents contested this notion, asking how a lotus dance could be deemed a partisan symbol.

Wrong button

A senior KAS officer faced suspension last week, all because a simple button failed to work on time. The occasion was the inauguration of a project by Chief Minister Siddaramaiah, aiming to fill 150 lake embankments from the Cauvery river in Periyapatna taluk. However, as the Chief Minister pressed the button to initiate the project, the machine was unresponsive. Deputy Chief Minister DK Shivakumar's attempt too proved futile, resulting in an awkward moment. In the aftermath of the machine malfunction episode, a visit to the office and discussions with officials took place. The issue was attributed to a tripped button, promptly resolved by technical staff. Adding to the spectacle, CESC MD CN Sridhar faced suspension for his alleged absence during the Chief Minister's visit.

Ace up their sleeve

During the recent PSI recruitment exams, authorities were determined to avoid any malpractice. Candidates were explicitly informed that full sleeve shirts were a no-go. Despite this, several showed up at the exam centres donning full sleeves. In a rather unconventional move, authorities resorted to bringing knives to snip off the offending sleeves. When a candidate refused to bow to the sleeve-cutting mandate, he had to walk out of the gate. In a separate incident at Sahakarnagar, a young mother faced a unique challenge. She had left her baby in the care of her husband while she attended the exam. The resourceful husband, not willing to compromise on childcare, tied a rope to a nearby tree, to fashion out a makeshift cradle, and was spotted soothing the baby to sleep.

Real action

In a recent press interaction, DG and IGP Alok Mohan faced questions about the frequency of his meetings with the Bengaluru police. He stated, "I hold the supreme position in the department, and I am not someone who prefers to be confined to the office. My inclination is to be on the ground, actively involved in the field rather than tethered to a desk. It's not just Bengaluru; I've been conducting meetings with other districts as well. I want to make it clear that my commitment extends beyond office work—I'm equally dedicated to being out in the field, where real action happens." **–Sridhar Vivan**

CUBBON PARK CHRONICLES

EVENTFUL DAYS AT THE PARK

| Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

Regular walkers at Cubbon Park and residents near Vittal Mallya and Kasturba Road are raising concerns over the frequent marathons disrupting the tranquility of their neighbourhoods. The issue extends beyond inconvenience, they said, with traffic congestion, hindrances to park accessibility, and environmental repercussions topping the list of grievances.

Since the past two weekends, there have been marathons or walkathons near Cubbon Park. Many start from the Kanteerava stadium and pass through the Cubbon Park, causing problems to the regular walkers and even residents of areas nearby.

Sunita Kumar, from We Love Cubbon Park, stated, "There is practically an event every weekend, mostly originating from the Kanteerava Stadium. Roads like Vittal Mallya Road turn into parking lots, and sound testing starts as early as 2-3 am. The events not only block roads within Cubbon Park but also spill onto nearby areas like Nrupathunga Road and Kasturba Road, causing a nuisance to residents."

Kumar highlighted the adverse impact on parkgoers, emphasising on the disturbance caused by loud music and drumming during the events. She added, "It affects people walking in the park, and the aftermath leaves Cubbon Park strewn with garbage and litter."

Gautham Krishnan, another member of We Love Cubbon Park, echoing the concerns of many, emphasised on the need for a comprehensive understanding of the environmental impact of marathons on the park's ecosystem. He proposed limiting the number of events in a calendar year as a crucial first step. Krishnan urged organisers to employ trained volunteers to sensitise runners, focusing on reducing noise pollution, controlling litter, staying on approved trails, and proper parking.

In addition to pedestrian inconveniences, pet owners too voiced their grievances. "Weekends see a significant number of dog walkers at Cubbon Park, and events disrupt their routines. The increased footfall and noise disturb both the pets and their owners, making the park less pet-friendly during such occasions," said another daily walker at Cubbon park.

Residents of areas nearby also highlighted that these events generate a substantial amount of waste. The aftermath of marathons often leaves the park and its surroundings littered with disposable cups, banners, and other event-related waste.

Citizens said that the authorities should come up with a collaborative effort between event organisers, local authorities, and concerned citizens to strike a balance between promoting fitness events and ensuring the well-being of the park and its residents.

You have arrived

App to help you find your way around, know the park's history, trees and more

| Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

The Horticulture Department has launched a new app for walkers and new visitors to Cubbon Park. Covering all 196 acres, the app shows the must-sees and specific locations within the park

The Horticulture Department is launching the app, 'Green Heritage Cubbon Park', along with Bengaluru Smart City Limited. This is to help new visitors, who often face difficulty in reaching different parts of the park and are unaware of the different locations and facilities available. Walkers with a smartphone enabled with Android 5.0 will be able to use the app to find key spots and map directions.

The app shows points of interest within the park such as the Queen Victoria Statue, Attara Kacheri (Karnataka High Court), Bandstand, State Central Library etc and provides a history of these locations.

It also curates a list of spots and things to do within the park and Bal Bhavan. It also showcases historical places and museums, places to eat, shopping streets, recreational areas, hotels, hospitals and pharmacies, government offices, banks, transit (bus and metro), and public lavoratories around the park. Walkers will be able to find the nearest spot and get GPS-oriented directions to it.

Cubbon Park is spread over 196 acres 31.50 guntas while it used to be 260 acres in the 1950s. According to the app, there are 8,678 trees and 84 avenue trees in Cubbon Park. The entire park has been demarcated into 19 zones and avenue trees. Under each zone, walkers will be able to find the total number of trees in the zone and provide information about the tree with the largest girth and tallest tree. You can also find out about the number of deciduous trees, evergreen trees and semi-deciduous trees. Trees are also categorised into exotic, endemic and indigenous trees. You can also find out about the top dominant species in the park and the conservation status of the trees.

According to the app, there are 196 tree species within the park space. Of these, several trees are categorised as near threatened, vulnerable, and critically endangered. The app provides info about the number of trees under different conservation statuses. For environment lovers, there is also a tree hunt planned throughout the park. Each board location in each zone shows the prominent trees along with corresponding photographs and encourages walkers to find them.

BM Finance Fundas

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Buying a car? Find out how much loan to take using 20/10/4 rule

Buying a house stands out as a pivotal financial choice, and for many individuals, the second significant financial decision revolves around purchasing a car. A common approach to fund this vehicle acquisition is through obtaining a loan. Presently, the interest rates for car loans are at their lowest in recent times.

Here are factors that should be taken into account when going for a car loan.

How much loan can you get?

Financial institutions, including both banks and non-banking finance companies (NBFCs), typically extend loans amounting to around 80 percent of the on-road price of a car. In specific instances, some lenders may approve loans covering the entire 100 percent of the car's cost. The pivotal factor influencing the car loan amount is the Loan to Value (LTV) ratio established by the lender.

The LTV ratio denotes the percentage or share of the car's total cost that the lender is willing to finance. The borrower is responsible for covering the remaining portion of the car's cost from their own financial resources. Although a majority of lenders offer LTV ratios of up to 80 percent, certain lenders assert the ability to provide loans covering the entire 100 percent of the car's cost.

EMI payments

When obtaining a car loan, it is crucial to select equated monthly instalments (EMIs) that align with your repayment capacity. Avoid choosing a lower EMI amount and a more extended loan tenure simply because it's available as an option; opt for such terms only if they match your financial capabilities. This caution is warranted because opting for a lower EMI and a longer loan tenure can lead to unnecessarily higher interest expenses.

Conversely, refrain from selecting higher EMIs if it means compromising your monthly contributions towards essential financial objectives. Regardless of the loan amount, it's imperative to prioritize EMIs that are comfortably manageable.

For instance, if you are buying a car valued at Rs 15 lakh, do you have enough savings to make the down payment of at least Rs 7 lakh? Say you opt for a loan for the rest, i.e., Rs 8 lakh, what is a comfortable EMI amount for you? A high CIBIL score (750 and above) can help you secure a higher loan amount and better interest rates. For individuals with a credit score of above 750, banks generally cover up to 80 to 90 per cent of the total cost of the vehicle. However, funding a maximum amount as a down payment is recommended as it reduces the high - value EMI payments.

Therefore, even if you qualify for a higher Loan to Value (LTV) ratio, consider choosing a lower LTV ratio. Opting for a reduced LTV ratio can alleviate your EMI burden and lower the overall interest expenses associated with the car purchase.

Ideally, the cumulative EMIs from all loans should not exceed 40 percent of your take-home pay. Considering your present circumstances, you can determine the portion of this 40 percent allocation that your car EMI can occupy.

Besides, there are several things to consider before you opt for the right kind of car loan.

20/10/4 rule when taking a loan

1. This is a thumb rule used while buying a car on a loan.
2. 20% of the on road price of the car should be paid as down payment while booking the vehicle.
3. The EMI should not be more than 10% of the monthly income.
4. The loan tenure should be for a maximum of four years.
5. This rule will vary from individual to individual, according to their monthly income and other liabilities.

ET Online

Equity mutual funds are the perfect solution for people who want to own stocks without doing their own research – Peter Lynch

'Need to constantly improve, to come up with technique to tackle conditions'

Rahul Dravid doesn't want to be "too harsh" while judging the younger crop of batters but the India head coach wants them to develop their own methods for countering spin-friendly conditions.

India were all out for 202 in pursuit of 231 with English spinners taking all 10 wickets on a surface that offered significant help to slow bowlers without being diabolical.

Shubman Gill, who had a wonderful run in white-ball cricket over the last year, faltered twice against England left-arm spinner Tom Hartley in the first red-ball assignment of the year at home.

"I wouldn't be so harsh to judge them. But it was a challenging wicket, and it's been a bit of a challenge for some of our young batsman to adapt. But you know, they've got the skill," Dravid said in his post-match press meet.

However, the batting legend expressed satisfaction about the way junior batters have been progressing.

"They've come here by scoring a lot of runs in domestic cricket. They are being picked on merit. Sometimes it does take time for people to adjust. They're working really hard and there's a lot of thought going into their batting," the coach said.

India's cricket coach Rahul Dravid attends a practice session ahead of their first cricket test match against England in Hyderabad

Every batter is unique and at this level, everyone needs to have their own methods to counter tougher challenges that lay ahead of them.

"It's just a question of them looking to constantly improve and develop skills that may help them counter these kinds of conditions a little bit better," said Dravid.

Not playing enough first-class games

Such has been Indian senior team's calender that some of the younger players hardly get time to play first-class cricket. Dravid thought the young batsmen's minimal game time in First-Class was behind their travails. "We've to get better as a lot of players are quite young. A lot of these guys do play a lot of white-ball cricket and maybe don't get a lot of time to play First-Class cricket. So, they're learning and I think they're getting there," Dravid said.

However, Dravid said the failure of some of the batsmen to convert that start did hurt India in the first innings. India were bowled out for 420 in their first dig, and the Bengaluru man felt that they were probably 70-80 runs short.

"I thought we left probably 70 runs on the board in the first innings. Conditions were good to bat on day two and got some good starts but we didn't really capitalise. We didn't get a 100, you know, a really big hundred. The second innings is always going to be challenging," he said.

However, Dravid was not ready to blame the Hyderabad pitch for India's troubles, and, if anything, his words were an exhortation for the younger batters to improve their craft. **PTI**

Injuries, IPL pressure, aging players complicate team selection for T20I World Cup

In their final T20 International before the upcoming ICC Men's T20 World Cup 2024, Team India secured a strong finish, overcoming Afghanistan in a thrilling match that extended to a double Super Over in Bengaluru.

The ninth edition of the ICC Men's T20 World Cup will be co-hosted by the West Indies and the US from 1 to 29 June 2024. The last time a T20 World Cup was played in the West Indies in 2012, Team India finished at the bottom of the table losing all three matches in the Super 8 stage.

However, the team has undergone significant transformation, welcoming a new generation of players.

While former England captain Kevin Peiterson while speaking to IANS in November 2023 said IPL performances will play a key role in the selection of Rohit Sharma and Virat Kohli, the duo seems to have strengthened their spots after the Afghanistan series.

With the likes of Suryakumar Yadav, Hardik Pandya, Rinku Singh and now Shivam Dube also knocking on the doors of the selectors with his recent exploits, the team management has a hard task ahead **IANS**

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tender & notices

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This is to inform that Mr. G Nagendra, Residing at No.17, 17th Cross, 13th Main, Malleswaram, Bangalore-560003 has retired as Partner of the Firm M/s. Special Insulators Manufacturing Company with effect from the close of business hours of 25.09.2023.

Sd/-
(Santosh K Narasipura)
Partner for and on behalf of M/s. Special Insulators Manufacturing Company.
No.48, 4th Main, 3rd Phase, Peenya Industrial Area, Bangalore-560058.
Mob: 9845049400

personal

CHANGE OF NAME

I Sabastian S/O, Anthappan R/o #43, 2nd Cross, Dodda Gubbi Main Road, Opp Dattatreya Temple , Doddagubbi Bangalore 560077 have changed my name to Sabastian Anthappan.

I Khoulud Siddiqua Nayeem W/O, Syed Saifulla R/o No 604 6th Main, 1st Phase 2nd Block, Hbr Layout Bda Complex, Vtc: Bangalore North, Po: Kalyana Nagar, District: Bangaluru, State: Karnataka, Pin Code: 560043, have changed my name to Khulud Siddiqua.

I, Shantha Raju Muninanjappa R/o No.9/1, Shreedhara Gudda road, Vidhyapeeta Post, Kodipalya, Kengeri, Bengaluru 560060 have changed my name to Shanthraj Muninanjappa affidavit Dt.27/01/2024 notary Harisha G, B'luru

I Mariamma D/O, Jerome R/o #43, 2nd Cross, Dodda Gubbi Main Road, Opp Dattatreya Temple, Doddagubbi, Bangalore -560077 have changed my name to Mariamma Sebastin.

I Raju Trivedi S/O, Ashok Trivedi R/o #3, His Grace Nest, 5th Cross Road, Opposite Post Office, Lingarajpuram, Bangalore -560084 have changed my name to Raj Ashok Trivedi .

I, Lokesh Mahabaleshwar S/o Mahabaleshwar J Naik, R/o No.67B, Jogi mane keri,Post-Muroor, Tq-Kumta, Dist-Uttara Kannada 581362 have changed my name to LOKESH NAIK affidavit Dt.27/01/2024 Notary Harisha G, Bengaluru

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Why concretised park should be reclaimed

CONTINUED FROM PAGE 1

As per the complaint, the skating classes are being held between 5 pm and 7 pm. The complaint stated that concretisation of a significant portion of the park itself is illegal and prohibited under the Karnataka Playfields and Open Spaces (Prevention and Regulation) Act, 1985 and Karnataka Government Parks (Preservation) Act, 1975.

"The BBMP authorities must take measures for the immediate recovery and restoration of the park's open space especially considering the risk of flooding and stagnation of rainwater in the neighbourhood. The authorities must restore this portion to its natural form," said JP Nagar Residents' Welfare Association president Rajagopalan R.

Entrance of the park at Dollars Colony of JP Nagar

Expressing concern over the concretisation of the park, Ravikala R, a resident, said the BBMP authorities failed to fix this problem despite repeated complaints from the residents.

"We have complained many times to the BBMP authorities but they did nothing. The authorities should restore the open space that is concretised to its original form," said Ravikala.

Meanwhile, Vijay Nishanth aka the tree doctor, described the concretisation of the park as illegal. "Skating classes are meant to be conducted at playgrounds and stadiums. Parks are not meant for such activities.

The BBMP chief commissioner must look into the matter and direct the authorities concerned to restore the concretised area to its normal form by planting saplings," said Nishanth.

Why are death rates rising in govt hospitals?

CONTINUED FROM PAGE 1

the state, as well as neighbouring Andhra Pradesh and Tamil Nadu. The hospital, with a capacity of 901 beds and 53 wards, maintains a 95% occupancy rate, primarily serving patients from the poor and middle class."

Analysing hospital deaths, the staff revealed that a significant portion occurs within 48 hours of admission. In the first 11 months of 2023, 3,378 patients succumbed within this timeframe, while the remaining 2,143 died post 48 hours of admission. Examining the age profile, 3,126 were aged 50 and above.

Dr Deepak Shivanna, superintendent of Victoria Hospital, clarified: "Being a government hospital, we do not turn away patients, regardless of their medical condition. Many patients arrive after unsuccessful attempts at other hospitals due to financial constraints. By the time they reach us, their conditions may have deteriorated beyond the scope of significant medical intervention. The higher absolute number of patients compared to other hospitals contributes to the elevated mortality figures."

Adding to this, Dr Sanjay KS, Director of Indira Gandhi Institute of Child Health, stated: "Our NICU maintains almost 100% occupancy, primarily catering to critically ill young patients. Despite the severity of their conditions, the death rate is a mere 2 to 3% of admissions. As one of the premier hospitals in the region, we attract young patients from neighbouring states referred by other hospitals."

Dr Deepak added that a majority of patients are accident victims, stressing the tireless efforts of Victoria Hospital doctors who work day and night for the well-being of patients. In Bowring and Lady Curzon Hospital, 939 patients succumbed in 2022, increasing to 965 in 2023, with over 15,000 patients receiving treatment monthly.

According to Geetha Prabhakar Rao, a senior citizen, Victoria Hospital provided treatment to her husband, and even during the covid pandemic, government hospitals played a significant role, especially in the initial days.

HEALTH TIP: Garlic may have positive effects on heart health by preventing cell damage, regulating cholesterol and lowering blood pressure

Wear a silk eye mask or a gel eye mask to bed to improve your sleep quality

BangaloreMirror | 9
Monday, January 29, 2024
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GET SET, GLOW

10 easy remedies and tips that can help you achieve glowing skin at your home

The winds of winter usually rob you of your glowing skin, making you want to stock up on even more moisturisers and creams. However, here are 10 easy home-made remedies and tips that can help you achieve glowing skin at home. All of these items should be easily available to you, and their application and use are also just as simple. Check these out for glowing skin.

1. Turmeric

Turmeric is rich in anti-bacterial properties as well as antioxidants. These are elements required to achieve glowing skin, according to Pharm Easy. Additionally, turmeric also contains curcumin, an anti-inflammatory agent that can help you get rid of puffiness and pimples. Turmeric can also help stave off dull skin as well as make it look rejuvenated, as per reports.

Expert Tip: While mixing a spoonful of turmeric in milk as a drink can help boost your immunity and inner health, using it as a face pack can help secure the health of your skin. Mix a teaspoon of turmeric with chickpea flour and milk for a face pack. Or combine a teaspoon's worth of turmeric with a spoon of honey and two tablespoons of milk for a bright glow.

> **Cucumber has the same pH level as our skin, hence it helps to replenish the skin's protective layer, get rid of darkness or dull skin, and also reduce swelling or puffiness**

2. Chickpea flour

It is known that exfoliating your skin is among the first steps one needs to take towards attaining glowing skin. Besan, or chickpea flour, acts as a great natural exfoliator that helps get rid of dead cells. This means a new layer of your skin comes into play, which leaves you looking glowing. The best way to use besan is to incorporate it in an easy homemade mask.

Expert Tip: Create a paste using two teaspoons of besan and one tablespoon of cream (malai), and apply it as a face mask.

3. Aloe Vera

People have used aloe vera for thousands of years to heal and soften the skin. It's found in most remedies that treat skin issues of all kinds. It contains vitamins and antioxidants that don't stop at giving you glowing skin but also help prevent acne and wrinkles, keep skin hydrated and improve it. If you get sunburnt, there is no better treatment than an aloe vera application.

Expert Tip: Aloe vera is one type of potted plant that can grow easily anywhere - on your terrace or your window sill. You can use it by simply cutting a leaf open, scraping out its gel and applying it straight on your face. Leave it on for 15 minutes. You can use it in most homemade face masks too.

4. Rose Water

We all know the three core steps of skincare: cleansing, toning and moisturising. Toning helps remove traces of dirt and impurities left on your face after a wash. If you're someone who wants to refrain from using chemicals, rose water acts as a natural skin toner. Not only does it not stink, it leaves your skin feeling refreshed.

Expert Tip: Fill up a small spray bottle with rose water. Carry it around in your purse or during long trips to spritz on your face.

5. Honey

This golden potion is great for your health when taken internally and externally. Honey works as an excellent moisturiser. It has several anti-bacterial properties that can keep infections at bay and reduce scars and pimples, giving you a spotless complexion. It also has bleaching properties that help to fade pigmentation and can leave you with glowing skin.

Expert Tip: If dark spots are standing between you and glowing skin, try out this face mask: Take one tablespoon each of aloe vera, honey and lemon juice. Apply on your skin, leave on for 10 minutes, and rinse off with lukewarm water.

6. Avocado

Avocados are delicious in every form. However, did you know that avocado has great skin benefits as well? The fruit is rich in antioxidants and contains anti-inflammatory agents. It can help with several derma issues such as dry skin, damaged skin, as well as chapped skin, among others.

Expert Tip: Try this easy homemade mask: cut the avocado into pieces and mash it with a fork. Add one tablespoon of avocado oil, mix well together, and apply on dry skin. Wash off with lukewarm water after 15 minutes.

7. Orange Peel

Oranges are a rich source of vitamin C, which majorly helps with detoxification. Regular consumption of oranges as a fruit or even in juice form can help you get rid of toxins and rejuvenate your body. However, if you want targeted treatment, you can use an orange peel in various ways. For starters, it prohibits the growth of melanin, which can, in turn, give you glowing skin.

Expert Tip: Grind together the peel of one orange and one tablespoon of rose water, and apply the paste on damp skin. Leave on for 10 minutes and then wash off. Be sure to not let it come in contact with your eyes.

8. Coconut Oil

From hair to toe, if there are any external troubles, coconut oil can help you with them! Thoroughly exfoliating your skin and leaving it just like that can lead to dry skin, enlarged pores and many other skin issues. It's also extremely important for you to moisturise after exfoliation, and coconut oil is known for its moisturising properties.

Pro Tip: If you feel like your moisturiser is not hydrating enough, don't ditch the bottle. After every bath, mix a couple of drops of oil with every pump of your moisturiser and rub it in.

9. Cucumber

When we think of cucumber and skincare, our mind first jumps to putting slices on the eyes during a facial. The reason this is done is not just because of the cooling properties that this vegetable possesses; it also has the same pH level as our skin, hence it helps to replenish the skin's protective layer, get rid of darkness or dull skin, and also reduce swelling or puffiness.

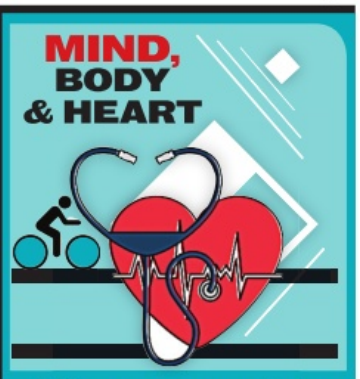
Expert Tip: Take one cucumber and two to three tablespoons of yoghurt. Grind the cucumber to a paste first, and then mix well into the yoghurt. Apply this paste on your face and neck, and leave it on for 10 minutes. Rinse off with cold water. It's just as good as getting an expensive treatment done at a salon but with no chemicals.

10. Coffee

Of late, you might have seen several posts on social media that advertise coffee scrubs. This is because coffee is gaining a reputation as an ingredient for skin remedies. Your morning energy elixir is very rich in antioxidants, which contain phenols that help fight foreign objects that can damage your skin.

Expert Tip: Mix one tablespoon of coffee with one tablespoon of honey, and apply on your face and neck. While the coffee exfoliates, the honey moisturises, thus helping you achieve glowing skin.

by Vrutika Shah, Femina



All you need to know about...

Steps to cut bloating

Reduce sodium
Replacing high-sodium foods with low-sodium alternatives is a simple first step in losing weight. Too much sodium, or salt, can induce water retention right away. The newest dietary guidelines propose limiting salt intake to not over 2,300 mg per day.

Drink more water
Drinking water can help you lose weight. Dehydration can cause the body to store additional water in order to compensate for the lack of incoming water. Water aids kidney function by allowing excess water and salt to be eliminated from the body. Adults should have around two litres of water every day.

Sleep more
Sleep is equally as crucial for health as diet and exercise, according to research. Sleep may influence the sympathetic renal nerves in the kidneys, which regulate salt and water balance.

Cut carbohydrate intake
Carbohydrates cause the body to retain water. When we eat carbohydrates, we store the energy as glycogen molecules. Each gram of glycogen is accompanied by three gram of water. Cutting carbs is a quick way to deplete glycogen levels, which implies water weight will be reduced as well. Adults require at least 130 g of carbs per day to function properly.

Stress less
Long-term stress can boost cortisol levels, which have a direct impact on fluid retention and water weight. This could be because stress and cortisol raise the antidiuretic hormone (ADH), a hormone that regulates water balance in the body.

Supplements
Natural solutions for water retention include vitamin B-6 and magnesium oxide. These supplements occur in association with the kidneys to aid in the removal of excess water and sodium from the body.

by Rishma Shah, Femina

mybangaloremirror@timesgroup.com
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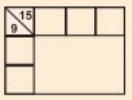
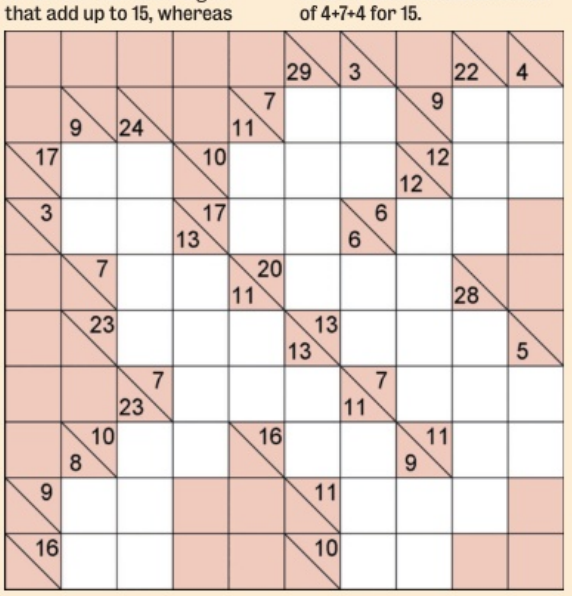
Kakuro

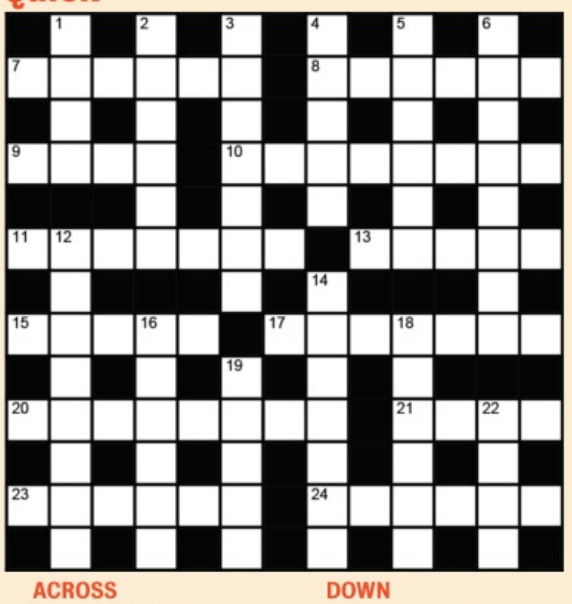
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Capital of the Czech Republic (6)
8 See or observer (4,2)
9 Food store in short? (4)
10 Allows some captive to return to freedom (4,2,2)
11 ___ __ his advice : did as he counselled? (5,2)
13 God (5)
15 Lift (5)
17 Bend, twist or warp (7)
20 Gymnasts (8)
21 Continually finds fault (4)
23 Worked hard (6)
24 Conservatives (6)

DOWN

1 Unrestricted (4)
2 Set alight (6)
3 Hotel employee (7)
4 Dwarf planet (5)
5 Incentive (6)
6 Female child (8)
12 Child's train (4-4)
14 Pampers or fondles (7)
16 Bobbins (6)
18 Men with high singing voices (6)
19 Bangalore is divided into 243 ____ (5)
22 Departs (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: J EQUALS G

QT IBD'V FVBM MZHWKDJ XTNHAFT QT JCBQ BZI; QT JCBQ BZI XTNHAFT QT FVBM MZHWKDJ.

Linemaro

Your blog is the best

Mindchow

Pain and foolishness lead to great bliss and complete knowledge, for Eternal Wisdom created nothing under the sun in vain

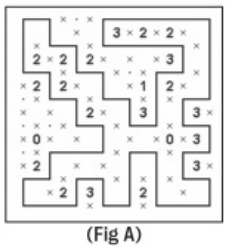
Joke of the day

I saw that show, 50 Things To Do Before You Die. I would have thought the obvious one was "Shout For Help"

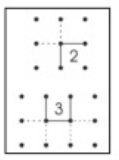
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

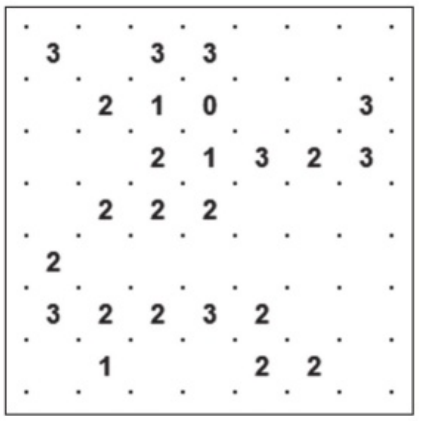


(Fig B) Not Allowed

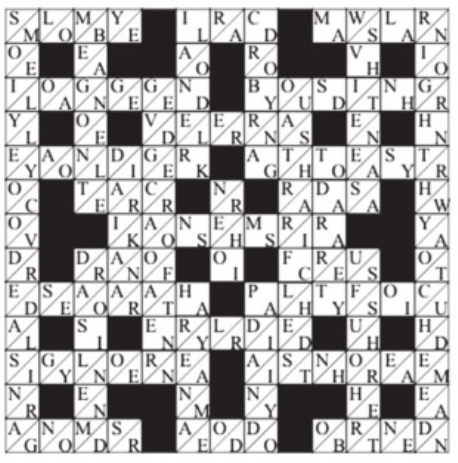
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



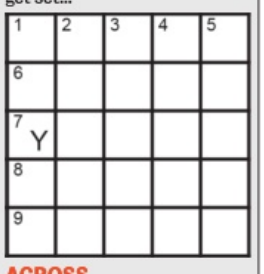
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

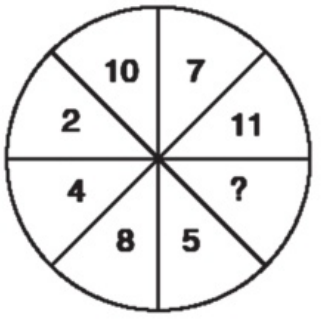
1 IO MCC; 6 Uli Co;
7 Y sell; 8 Gapes;
9 Ay run

DOWN

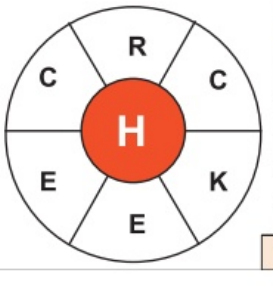
1 Coy up; 2 Canoe;
3 Glum a; 4 Rille;
5 Cy sis

Mensapuzzle

What number should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 06 Outstanding

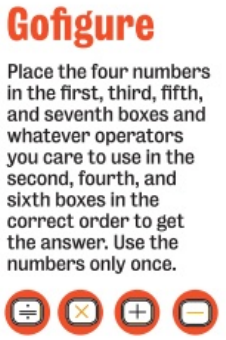
SudokuChallenge

9			3	1	5			8
		4				6		
5		2		6		1		7
			4		2			
1				9				2
			6		1			
7		6		2		9		4
		3				8		
4			9	8	7			6

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.

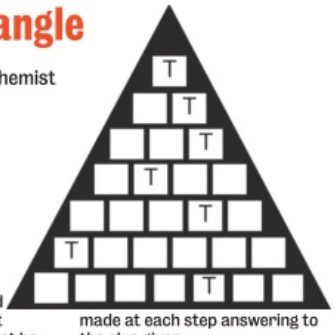
Differences: 1. Desk is smaller. 2. Faucet is larger. 3. Arm is longer. 4. Arm is not showing. 5. Belt is showing. 6. Elbow patch is different.

Riddler

There was one very narrow road. It was so narrow that it was quite difficult for even one vehicle to pass through. On this road, two bus drivers had to cross each other; one coming from one end and the other from another. They managed the crossing easily without any kind of trouble. How?

Alpha triangle

1 20th letter
2 Astatine for the chemist
3 Hamelin pest
4 Heavenly body
5 Shopping aids
6 Minute quantities
7 Pastors



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

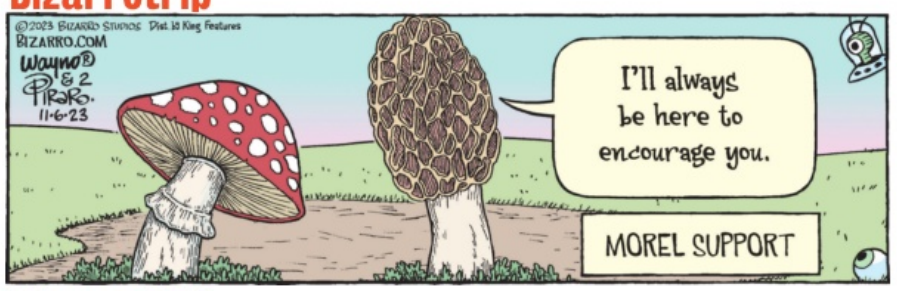
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

HOW COME STARS DON'T SHINE IN THE DAYTIME?
THAT'S EASY, POKEY
10-23
THEY TURN THEM OFF WHILE THE SUN IS SHINING TO CONSERVE ENERGY
I'LL BET I FLUNK SCIENCE AGAIN THIS YEAR

Bizarrotrip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BIZARRO.COM
Wayno & Piraro 11-6-23
I'll always be here to encourage you.
MOREL SUPPORT

Diamond Lil

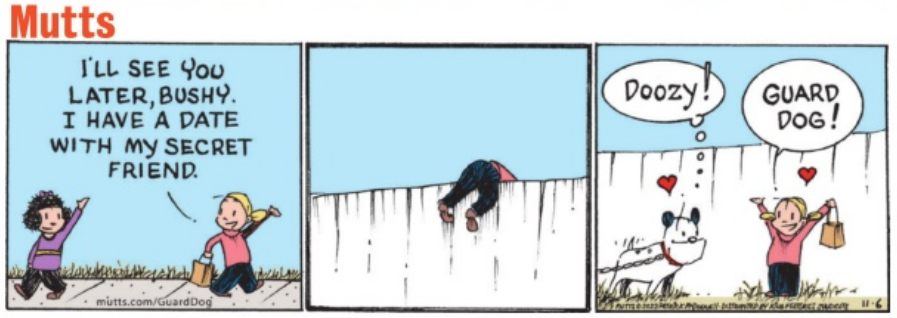
Hart of the city

THE THREE-LEGGED RACE STARTS IN TWO MINUTES!
HUP TWO THREE
DOES THAT KID HAVE A SIX-PACK?!?
HUP TWO THREE
I KNOW WE PRACTICED A LOT, BUT I DON'T THINK WE CAN GAIN THAT MUCH MUSCLE BEFORE THE RACE STARTS.

Crankshaft

I'M HERE TO PRESENT THE ANNUAL SHAREHOLDERS REPORT TO THE TOWN FOR THE CENTERVILLE SENTINEL.
CENTERVILLE HISTORICAL SOCIETY
OR AS SOME OF YOU WAGS OUT THERE REFER TO IT...
Centerville Sentinel
THE 'BEHIND THE TIMES'!
BATIUK & DAVIS tombatiuk.com/books

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you are in the winning position from your opponents and hidden enemies. your money which was stuck, may be recovered today. You may perform your best at work. Today is an important day for love birds and singles to make important decisions in terms of marriage.

Taurus Apr 21 – May 20
Today is a good day for you. Last week's crunch is over now. You may initiate your postponed projects.
You may get a reward for your hard work, which may boost your confidence. There are some gains in your business which may boost your finances. Natives related to export and import, fashions, and dairy products may do better.

Gemini May 21 – Jun 21
Today, you may feel dull, you may have health issues. Overworking your mind may make you tired. It may affect your domestic harmony. you may arrive late for a social or family get-together. Losses may be possible in the business; it is advised not to invest in new business. love birds shall avoid to involved in controversies.

Cancer Jun 22 – July 23
Today You may be polite with the people around you. Many problems may likely be resolved with the help of your way of speaking. There may be some control between savings and expenditure, which may boost your savings. You may spend on buying some creative stuff to renovate your house.

Leo Jul 24 – Aug 23
Today you are blessed by the moon, you may make new plans in terms of business, and your colleagues may be with you to implement your plans. You may recover your stuck money from your clients, which may boost liquidity in the business. After late evening, you may feel some depression which may affect your sound sleep.

Virgo Aug 24 – Sep 23
Today You have control over your opponents and hidden enemies. Decisions in legal matters may come in your favour. Your seniors may be happy because of your hard work, you may get new responsibilities in terms of promotion. Singles may find soul mates.

Libra Sep 24 – Oct 22
Today you may be happy, you may plan to buy some creative stuff, which may improve your lifestyle.
You may also spend on your friends and family members. you may plan to make investments in assets. singles may have a good match, love birds may enjoy their important moments.

Scorpio Oct 23 – Nov 22
Today, you may be seeking peace of mind. But the moon's blessings may help you to focus on yourself. Investments in property and other assets are advised to be avoided. You may have some happy moments in your domestic life, but advised to avoid arrogance and ego with your spouse. Disputes with the business partner are likely to be resolved.

Sagittarius Nov 23 – Dec 22
Today, you are advised to control your way of speaking in the family, your loose talking may affect your family harmony. You may spend your hard-earned money buying some worthless stuff to maintain your social status, but it is advised not to keep your money loose in your pocket. You may face problems related to ears, teeth and throat problems in terms of health.

Capricorn Dec 23 – Jan 20
Today is a good day for you. You have good vitality and health. May enjoy your work, domestic life may also be good.
Healthy partnerships will give you benefits in terms of business. Job seekers will find suitable jobs. Love birds shall avoid to discuss on self-respect issues.

Aquarius Jan 21 – Feb 19
Today you must control your way of speaking, you should be careful in terms of hidden enemies and opponents. You may be a victim of conspiracy. It is advised to avoid making investments in risky assets. you must avoid lending money to anyone, it may be not recoverable easily. So it is advised to do meditation and yoga to come out from stress.

Pisces Feb 20 – Mar 20
Today you will be a victim of negative thoughts. Impatient nature and arrogance will push you back from making difficult decisions. You will need the blessing of your elders, which will help you to grow into your work front. You should avoid making investments in dead assets. Love birds shall avoid discussing bad moments.

KIDZONE

Harshini R, 14 Y Ears, Indiranagar Cambridge School

Angelina V, 9 Years, Assisi School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
96: Each term of the series is obtained by multiplying the preceding term by 2. So 96 is wrong and must be replaced by (64 x 2) i.e., 128

RIDDLER
The two were just bus drivers and were not actually driving buses.

FAST FIVE

C	I	M	O	C
I	L	U	C	O
S	L	E	G	A
Y	R	A	N	U

BULL'S EYE
check, CHECKER, cheek, cheer, heck, here

STRIKE OUT

M	O	B	Y		L	A	C		A	S	A	N	A	
O		E		O		O		H		I				
L	A	G	G	E	D		B	O	D	I	N	G		
O		V		E	R	S		N		H				
Y	O	N	D	E	R		A	T	T	E	S	T		
C		E	A	R		R	A	S		W				
O		K	A	S	H	M	I	R		A				
D	R	A	F		O		C	R	U		T			
D		E	A	R	T	H		P	H	Y	S	I	C	
L		I		E	Y	R	I		E		U		H	
I	G	N	O	R	E		A	S	H	R	A	M		
N		E			N			E				A		
G	O	D	S		A	D	O		B	R	E	N		

QUICK

O		S		S		S		S		S				
T	O	I		L	E	D		T	O	R	I	E	S	
H		O		R		E		O						
A	C	R	O	B	A	T	S		N	A	G	S		
O		P		W		S		E						
H	O	I	S	T		C	O	N	T	O	R	T		
	H			Y		C			E					
A	C	T	E	D	O	N		D	E	I	T	Y		
	T			B		O		V		H				
D	E	L	I		L	E	T	S		I	T	G	O	
E		N		L		U		T		U				
P	R	A	G	U	E		L	O	O	K	A	T		

MENSA PUZZLE
13: opposite numbers total 15

QUOTE UNCODE
We don't stop playing because we grow old; we grow old because we stop playing.

SUDOKU

4	5	1	9	8	7	2	3	6
2	9	3	1	4	6	8	7	5
7	8	6	5	2	3	9	1	4
3	2	8	6	5	1	7	4	9
1	4	5	7	9	8	3	6	2
6	7	9	4	3	2	5	8	1
5	3	2	8	6	4	1	9	7
8	1	4	2	7	9	6	5	3
9	6	7	3	1	5	4	2	8

ALPHA TRIANGLE
1, At, Rat, Star, Carts, Traces, Curates.

GO FIGURE
Easy
6 – 6 – 6 + 8 = 2
Medium
9 + 2 x 3 – 8 = 25
Hard
4 – 3 x 2 x 2 = 4

LOOP

KAKURO

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Take a guess

Beyond calling the shots, Karan Johar has established himself as a successful producer. His production house has been churning out numerous hits over the years, also introducing several new faces to the industry. With his next ambitious project, Karan Johar is planning to launch yet another star kid and he dropped some interesting hints about the same.

Taking to Instagram, he shared a post which read as ' This is not a film announcement!' The note further read, "But it can be...with your help!

A superstar from the south who has just delivered a pan india juggernaut A massively loved actress who continues to we with her emotional energy on celluloid.

A legacy debut actor who is working tirelessly to find his spot in the sunshine of exceptional talent & combatting the obsession with the N word. But keeping his head down and just working. "

Encouraging users to decode the details, the note further added, "The film is ready and we will be releasing it soon! Any guesses? If you guess the title and all the other details correctly - we would love to invite you to watch a glimpse of the film!" In no time, netizens flooded the post with interesting guesses. Many users speculated the names hinted by KJo.
-ETimes

Just got theatrical

Dev Patel's Monkey Man was initially planned only as OTT release

Dev Patel stormed into the hearts of Indians with Danny Boyle's Slumdog Millionaire and since then, he has been part of many projects like Lion, Hotel Mumbai , The Man Who Knew Infinity etc. But in the last few days, the actor has caught everyone's attention for a film that not only has him as the lead actor but is also directed by him, 'Monkey Man'.

The trailer of the film was released recently and has been hailed by many. The story of 'Money Man' revolves around Patel, a young man who is out to exact revenge from the underworld for his childhood pains. 'Monkey Man' also features Sharlto Copley, Pitobash, Vipin Sharma, Sikandar Kher, Sobhita Dhulipala, and Ashwini Kalsekar. The film marks the international debut of Sobita Dhulipala, who broke into the big league post her web show 'Made In Heaven'.

Following the debut of Monkey Man's initial trailer, The Hollywood Reporter disclosed insights about the film. It was reported that the film was initially planned as an OTT release.

But Jordan Peele, famous American actor, comedian and producer, scooped the rights for the film, after having a chance to view it and felt that 'Money Man' deserves a theatrical release. He got the rights in collaboration with Universal Pictures.

According to the report, Netflix paid about $30 million for global rights. **-ETimes**

Warm welcome to Nick gladdens PC

Ever since Priyanka Chopra got married to Nick Jonas, many have referred to him as Nation's Jiju. He recently came down to Mumbai for a performance with his brothers Kevin and Joe Jonas.

The Jonas Brothers owned the stage at the Lollapalooza music festival, happening in Mumbai. And during the introduction of the band, Kevin said, "And this is jiju," which led the crowd to go crazy with another round of cheers erupting for Nick Jonas.

Talking from the stage, Nick said, "This is our first time performing in India and the sangeet doesn't count (Nick and Priyanka got married in Jodhpur in 2018). As a family, we have a deep deep connection with India." Nick has also collaborated with King on the track 'Maan Meri Jaan' As a family, we have a deep deep connection with India." Now the 'Jiju Jiju' chants were so loud that even Priyanka Chopra, who was in the USA for work purposes and couldn't be with his husband on the trip, couldn't resist reacting. She

shared a video from the event where the crowd was chanting 'Jiju' and wrote "My heart ...thank you Mumbai (with a heart and teary eyed emoji)". **-ETimes**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Father and son bonding

AR Sairam, who has worked as assistant and associate director for around 10 Kannada movies, gears up to prove his mettle as an independent director with the film Dhairyam Sarvatra Sadhanam. The film's teaser was released by star Vajra Sahasi Vasishta Simha.

"The teaser is very interesting. The scene of three people standing on a person who is sleeping on the ground created a lot of curiosity. This scene made me think that the director wants to showcase bad things that are happening in society," said Vasishta Simha, adding that such a movie should be seen by more people in the state.

Sairam told BM that his association with Sandalwood as a dialogue writer, assistant and associate director helped him become a director.

"Dhairyam Sarvatra Sadhanam is about the bonding between a father and his son. Bala Rajwadi plays the father while Vivan KK plays the son. It is Vivan's maiden film as a hero," said Sairam.

Trailer released

The trailer of Click was released by Sandalwood star Naveen Shankar at MMB Legacy recently. Naveen Shankar said the trailer is interesting and emphasises on the importance of parents recognising their children's talent. The specialty of the movie is that its trailer was screened at Times Square, New York.

Vignesh of Klanta fame, who attended the function as a special guest, said the movie conveys a good message to parents.

Pavan, who played a small character in the film Girmit, is the lead actor in Click, while Pavan, the son of music director Ravi Basrur, plays an important role in the movie.

On the occasion, Anand of Silli Lalli fame said that a majority of the parents want their children to become doctors or engineers but never make an attempt to know their children's talent. "I play one such parent in the movie. I thank the director for taking up such a good subject," said Anand.

Chandrakala Mohan said the need of the hour is for parents to recognise their children's talent.